





# CARBS



- > Breads
- > Cereal & Grains
- > Beans, Peas & Lentils
- > Starchy Vegetables
- > Non-Starchy Vegetables
- > Fruits
- > Milk & Yogurts

You can sub within the following groups. For example, if you want to sub a slice of bread, you should pick from another item in the Breads list.

## BREADS

(80 kcals per serving)

<b>Bagel</b> large (about 4 oz)	1/4 (1 oz)
<b>Biscuit</b> 2-1/2" across	1
<b>Bread</b> reduced-calorie	2 slices (1-1/2 oz)
<b>Bread</b> white, whole-grain, pumpernickel, rye	1 slice (1 oz)
<b>Chapatti</b> small, 6" across	1
<b>Cornbread</b> 1-3/4" cube	1 (1-1/2 oz)
<b>English muffin</b> plain	1/2
<b>Hot Dog or Hamburger Bun</b>	1/2 (1 oz)
<b>Naan</b> 8"x 2"	1/4
<b>Pancake</b> 4" across & 1/4" thick	1
<b>Pita</b> 6" across	1/2
<b>Roll</b> plain, small	1 (1 oz)
<b>Stuffing</b> bread	1/3 cup
<b>Taco Shell</b> 5" across	2
<b>Tortilla (Corn)</b> 6" across	1
<b>Tortilla (Flour)</b> 6" across	1
<b>Tortilla (Flour)</b> 10" across	1/3
<b>Waffle</b> 4" square or 4" across	1

## CEREALS & GRAINS

(80 kcals per serving)

<b>Barley</b> cooked	1/3 cup
<b>Bran</b> dry oat or wheat	Dry Oat: 1/4 Cup Wheat: 1/2 Cup
<b>Cereal</b> bran	1/2 cup
<b>Cereal</b> oats or oatmeal	1/2 cup
<b>Cereal</b> puffed	1-1/2 cup
<b>Cereal</b> shredded wheat (plain)	1/2 cup
<b>Cereal</b> sugar-coated	1/2 cup
<b>Cereal</b> unsweetened	3/4 cup
<b>Couscous</b>	1/3 cup
<b>Granola</b> low-fat & regular	Low-Fat: 1/4 cup Regular: 1/4 cup
<b>Grits</b> cooked	1/2 cup
<b>Kasha</b>	1/2 cup
<b>Millet</b> cooked	1/4 cup
<b>Muesli</b>	1/4 cup
<b>Pasta</b> cooked	1/3 cup
<b>Polenta</b> cooked	1/3 cup
<b>Quinoa</b> cooked	1/3 cup
<b>Rice</b> white or brown cooked	1/3 cup
<b>Tabbouleh (tabouli)</b> prepared	1/2 cup
<b>Wheat Germ</b> dry	3 tbsp
<b>Wild Rice</b> cooked	1/2 cup

## BEANS, PEAS & LENTILS

(80 kcals per serving)

<b>Baked Beans</b> cooked	1/3 cup
<b>Black Beans</b> cooked	1/2 cup
<b>Garbanzo Beans</b> cooked	1/2 cup
<b>Kidney Beans</b> cooked	1/2 cup
<b>Lima Beans</b> cooked	1/2 cup
<b>Navy Beans</b> cooked	1/2 cup
<b>Pinto Beans</b> cooked	1/2 cup
<b>White Beans</b> cooked	1/2 cup
<b>Lentils</b> cooked	1/2 cup
<b>Peas (Black-eyed, split)</b> cooked	1/2 cup
<b>Refried Beans</b> canned	1/2 cup

## STARCHY VEGETABLES

(80 kcals per serving)

<b>Cassava</b> cooked	1/3 cup
<b>Corn</b> canned	1/2 Cup
<b>Corn on Cob</b> large	1/2 cob (5 oz)
<b>Hominy</b> canned	3/4 cup
<b>Mixed Vegetables</b> with corn, peas, or pasta	1 cup
<b>Parsnips</b>	1/2 cup
<b>Peas</b> green	1/2 cup
<b>Plantain</b> ripe	1/3 cup
<b>Potato</b> baked with skin	1/4 large (3 oz)
<b>Potato</b> boiled (all kinds)	1/2 cup or 1/2 medium (3 oz)
<b>Potato</b> mashed with milk & fat	1/2 cup
<b>Potato</b> french fried (oven baked)	1 cup (2 oz)
<b>Pumpkin</b> canned (no sugar added)	1 cup
<b>Spaghetti</b> pasta sauce	1/2 cup
<b>Winter Squash</b> acorn or butternut	1 cup
<b>Succotash</b>	1/2 cup
<b>Yam or Sweet Potato</b> Plain	1/2 cup

# NON-STARCHY VEGETABLES

25 kcals per 1 cup raw or 1/2 cup cooked  
(with water removed)

<b>Amaranth or Chinese spinach Artichoke</b>	1 cup or 1/2 cup cooked
<b>Artichoke hearts</b>	1 cup or 1/2 cup cooked
<b>Asparagus</b>	1 cup or 1/2 cup cooked
<b>Baby corn</b>	1 cup or 1/2 cup cooked
<b>Bamboo shoots</b>	1 cup or 1/2 cup cooked
<b>Beans</b> green, wax, Italian	1 cup or 1/2 cup cooked
<b>Bean sprouts</b>	1 cup or 1/2 cup cooked
<b>Beets</b>	1 cup or 1/2 cup cooked
<b>Borscht</b>	1 cup or 1/2 cup cooked
<b>Broccoli or Cauliflower</b>	1 cup or 1/2 cup cooked
<b>Brussels sprouts</b>	1 cup or 1/2 cup cooked
<b>Cabbage</b> green, bok choy, chinese carrots	1 cup or 1/2 cup cooked
<b>Celery</b>	1 cup or 1/2 cup cooked
<b>Chayote</b>	1 cup or 1/2 cup cooked
<b>Coleslaw</b> packaged, no dressing Cucumber	1 cup or 1/2 cup cooked
<b>Eggplant</b>	1 cup or 1/2 cup cooked
<b>Gourds</b> bitter, bottle, luffa, bitter melon	1 cup or 1/2 cup cooked
<b>Green Onions or Scallions</b>	1 cup or 1/2 cup cooked

<b>Kohlrabi</b>	1 cup or 1/2 cup cooked
<b>Leeks</b>	1 cup or 1/2 cup cooked
<b>Mixed Vegetables</b> without corn, peas, pasta	1 cup or 1/2 cup cooked
<b>Mung bean sprouts, Mushrooms (all kinds) fresh Okra</b>	1 cup or 1/2 cup cooked
<b>Onions</b>	1 cup or 1/2 cup cooked
<b>Oriental Radish or Daikon Pea Pods</b>	1 cup or 1/2 cup cooked
<b>Peppers</b> all varieties	1 cup or 1/2 cup cooked
<b>Radishes</b>	1 cup or 1/2 cup cooked
<b>Rutabaga</b>	1 cup or 1/2 cup cooked
<b>Sauerkraut</b>	1 cup or 1/2 cup cooked
<b>Soybean sprouts</b>	1 cup or 1/2 cup cooked
<b>Spinach</b>	1 cup or 1/2 cup cooked
<b>Squash</b> summer, crookneck, or zucchini	1 cup or 1/2 cup cooked
<b>Sugar Pea Snaps</b>	1 cup or 1/2 cup cooked
<b>Swiss Chard</b>	1 cup or 1/2 cup cooked
<b>Tomato</b> canned sauce, tomato/vegetable juice	1 cup or 1/2 cup cooked
<b>Turnip</b>	1 cup or 1/2 cup cooked
<b>Water chest</b>	1 cup or 1/2 cup cooked

# FRUITS

(60 kcals per serving)

<b>Apple</b> unpeeled, small	1 (4 oz)
<b>Apple</b> dried	4 rings
<b>Applesauce</b> unsweetened	1/2 cup
<b>Apricots</b> canned	1/2 cup
<b>Apricots</b> dried	8 halves
<b>Apricots</b> fresh	4 whole (5-1/2 oz)
<b>Banana</b> extra small	1 (4 oz)
<b>Blackberries</b>	3/4 cup
<b>Blueberries</b>	3/4 cup
<b>Cantaloupe</b> small	1/3 melon or 1 cup cubed (11oz)
<b>Cherries</b> sweet, canned	1/2 cup
<b>Cherries</b> sweet, fresh	12 (3 oz)
<b>Dates</b>	3
<b>Dried Fruits</b> blueberries, cherries, cranberries raisins, mixed fruit	2 tbsp
<b>Figs</b> dried	1-1/2
<b>Figs</b> fresh	1-1/2 large or 2 medium (3-1/2 oz)
<b>Grapefruit</b> large	1/2 (11 oz)
<b>Grapefruit</b> sections, canned	3/4 cup
<b>Grapes</b> small	17 (3 oz)
<b>Honeydew Melon</b> small	1 slice or 1 cup cubed (10 oz)
<b>Kiwi</b>	1 (3-1/2 oz)

<b>Mandarin Oranges</b> canned	3/4 cup
<b>Mango</b> small	1/2 fruit (5-1/2 oz) or 1/2 cup
<b>Nectarine</b> small	1 (5 oz)
<b>Orange</b> small	1 (6-1/2 oz)
<b>Papaya</b>	1/2 fruit or 1 cup cubed (8 oz)
<b>Peaches</b> canned	1/2 cup
<b>Peaches</b> fresh, medium	1 (6 oz)
<b>Pears</b> canned or fresh	1/2 cup (4 oz)
<b>Pineapple</b> canned	1/2 cup
<b>Pineapple</b> fresh	3/4 cup
<b>Plums</b> canned	1 cup
<b>Plums</b> dried (prunes)	3
<b>Plums</b> small	2 (5 oz)
<b>Raspberries</b>	1 cup
<b>Strawberries</b>	1-1/4 cup whole berries
<b>Tangerines</b>	2 (8 oz)
<b>Watermelon</b>	1 slice or 1-1/4 cups cubes (13-1/2 oz)
<b>Apple Juice/Cider</b>	1/2 cup
<b>Fruit Juice Blends</b> 100% juice	1/3 cup
<b>Grape or Prune Juice</b>	1/3 cup
<b>Grapefruit Juice</b>	1/2 cup
<b>Orange Juice</b>	1/2 cup
<b>Pineapple juice</b>	1/2 cup

# MILK & YOGURTS

Fat free, skim, low fat (1%): 100 kcals per serving

Reduced fat (2%): 120 kcals per serving

Whole: 160 kcals per serving)

<b>Fat-free or low-fat (1%)</b> milk, buttermilk, acidophilus milk	1 cup
<b>Fat-free or low-fat (1%)</b> evaporated milk	1/2 cup
<b>Fat-free or low-fat (1%)</b> yogurt, plain or flavored with artificial sweetener	2/3 cup (6 oz)
<b>Reduced-fat (2%)</b> milk, acidophilus milk, kefir	1 cup
<b>Reduced-fat (2%)</b> yogurt, plain	2/3 cup (6 oz)
<b>Whole</b> milk, buttermilk, goat's milk	1 cup
<b>Whole</b> evaporated milk	1/2 cup
<b>Whole</b> yogurt, plain	8 oz

# FATS

A still life composition of various food items including butter, lemons, almonds, and grapes, overlaid with a blue gradient. The items are arranged on a wooden surface. The blue gradient is darker at the top and fades towards the bottom.

- > Unsaturated Fats
- > Polyunsaturated Fats
- > Saturated Fats



# UNSATURATED FATS

(45 kcals per serving)

<b>Avocado</b> medium	1/5 of the avocado or 2 tbsp (1 oz)
<b>Almond Butter</b> trans fat-free	1-1/2 tsp
<b>Almond Butter</b> trans fat-free	1-1/2 tsp
<b>Cashew Butter</b> trans fat-free	1-1/2 tsp
<b>Peanut Butter</b> trans fat-free (smooth or creamy)	1-1/2 tsp
<b>Almonds</b>	6 nuts
<b>Brazil</b>	2 nuts
<b>Cashews</b>	6 nuts
<b>Hazelnuts</b>	5 nuts
<b>Macadamia</b>	3 nuts
<b>Mixed (50% peanuts)</b>	6 nuts
<b>Peanuts</b>	10 nuts
<b>Pecans</b>	4 halves
<b>Pistachios</b>	16 nuts
<b>Canola Oil</b>	1 tsp
<b>Olive Oil</b>	1 tsp
<b>Peanut Oil</b>	1 tsp
<b>Black Olives</b> ripe	8 large
<b>Green Olives</b> stuffed	10 large

# POLYUNSATURATED FATS

(45 kcals per serving)

<b>Margarine</b> lower-fat spread (30%– 50%) vegetable oil, trans- fat free	1 tbsp
<b>Margarine</b> stick, tub (trans fat-free), or squeeze (trans-fat free)	1 tsp
<b>Mayonnaise</b> reduced-fat	1 tbsp
<b>Mayonnaise</b> regular	1 tsp
<b>Mayonnaise-style salad dressing</b> reduced-fat	1 tbsp
<b>Mayonnaise-style salad dressing</b> regular	2 tsp
<b>Pignolia (pine nuts)</b>	1 tbsp
<b>English Walnuts</b>	4 halves
<b>Corn Oil</b>	1 tsp
<b>Cottonseed Oil</b>	1 tsp
<b>Flaxseed Oil</b>	1 tsp
<b>Grape Seed Oil</b>	1 tsp
<b>safflower Oil</b>	1 tsp
<b>Soybean Oil</b>	1 tsp
<b>Sunflower Oil</b>	1 tsp
<b>Enova Oil</b> made from soybean and canola oil	1 tsp
<b>Flaxseed</b> whole	1 tbsp
<b>Pumpkin or Sunflower</b>	1 tbsp
<b>Sesame Seeds</b>	1 tbsp
<b>Tahini or Sesame Pasta</b>	2 tsp

# SATURATED FATS

(45 kcals per serving)

<b>Bacon</b> cooked, regular or turkey	1 slice
<b>Butter</b> reduced-fat	1 tbsp
<b>Butter</b> stick	1 tsp
<b>Butter</b> whipped	2 tsp
<b>Butter Blends</b> made with oil (reduced-fat or light)	1 tbsp
<b>Butter Blends</b> made with oil (regular)	1-1/2 tsp
<b>Coconut</b> sweetened, shredded	2 tbsp
<b>Coconut Milk</b> light	1/3 cup
<b>Coconut Milk</b> regular	1-1/2 tbsp
<b>Cream</b> half and half	2 tbsp
<b>Cream</b> heavy	1 tbsp
<b>Cream</b> light	1 tbsp
<b>Cream</b> whipped	2 tbsp
<b>Cream</b> whipped (pressurized)	1/4 cup
<b>Cream Cheese</b> reduced-fat	1-1/2 tbsp (34 oz)
<b>Cream Cheese</b> regular	1 tbsp (1/2 oz)

<b>Sour Cream</b> reduced-fat or light	3 tbsp
<b>Sour Cream</b> regular	2 tbsp
<b>Lard</b>	1 tsp
<b>Coconut Oil</b>	1 tsp
<b>Palm Oil</b>	1 tsp
<b>Palm Kernal Oil</b>	1 tsp

# PROTEIN



- > Lean Meats & Meat Substitutes
- > Medium-Fat Meat & Meat Substitutes
- > High-Fat Meat & Meat Substitutes

# LEAN MEATS & MEAT SUBSTITUTES

(45 kcals per serving)

<b>Beef</b> select or choice grades trimmed of fat: ground round, roast (chuck, rib, rump), round, sirloin, steak (cubed, flank, porterhouse, t-bone), tenderloin	1 oz
<b>Poultry (without skin)</b> cornish hen, chicken, domestic duck or goose (well-drained of fat), turkey	1 oz
<b>Fish</b> fresh or frozen, plain: catfish, cod, flounder, haddock, halibut, orange roughy, salmon, tilapia, trout, tuna	1 oz
<b>Fish (Smoked)</b> herring or salmon (lox)	1 oz
<b>Lamb</b> chop, leg, or roast	1 oz
<b>Pork (lean)</b> rib or loin chop/roast, ham, tenderloin	1 oz
<b>Pork (lean)</b> canadian bacon	1 oz
<b>Game</b> buffalo, ostrich, rabbit, or venison	1 oz
<b>Oysters</b> fresh or frozen	6 medium

<b>Organ Meats</b> heart, kidney, or liver	1 oz
<b>Egg whites</b>	2
<b>Egg Substitutes</b> plain	1/4 cup
<b>Processed Sandwich Meat</b> with 3 grams of fat or less per oz): chipped beef, deli thin-sliced meats, turkey ham, turkey kielbasa, turkey pastrami: 1 oz-sausage with 3 grams of fat or less per oz: 1 oz-shellfish: clams, crab, imitation shellfish, lobster, scallops, shrimp: 1 oz- tuna, canned in water or oil, drained: 1 oz-veal, loin chop, roast	1 oz



## MEDIUM-FAT MEAT & MEAT SUBSTITUTES

(75 kcals per serving)

<b>Beef</b> corned beef, ground beef, meatloaf, prime grades trimmed of fat (prime rib), short ribs, tongue	1 oz
<b>Poultry</b> chicken with skin; dove, pheasant, wild duck or goose; fried chicken; ground turkey	1 oz
<b>Fish</b> any fried product	1 oz
<b>Lamb</b> ground, rib roast	1 oz
<b>Pork</b> cutlet, shoulder roast	1 oz
<b>Sausage</b> with 4-7 gr of fat per oz	1 oz
<b>Veal</b> cutlet (no breading)	1 oz
<b>Egg</b>	1
<b>Cheese</b> with 4-7 grams of fat per oz: feta, mozzarella, pasteurized processed cheese spread, reduced-fat cheeses, string	1 oz

## HIGH-FAT MEAT & MEAT SUBSTITUTES

(100 kcals per serving)

<b>Bacon</b> pork	2 slices (16 slices per lb or 1 oz each, before cooking)
<b>Cheese</b> american, bleu, brie, cheddar, hard goat, monterey jack, queso, and swiss	1 oz
<b>Pork</b> ground, sausage, spare ribs	1 oz
<b>Sausage</b> with 8 grams fat or more per oz: bratwurst, chorizo, italian, knockwurst, polish, smoked, summer	1 oz
<b>Processed Sandwich Meat</b> with 8 grams of fat or more per oz: bologna, pastrami, hard salami	1 oz